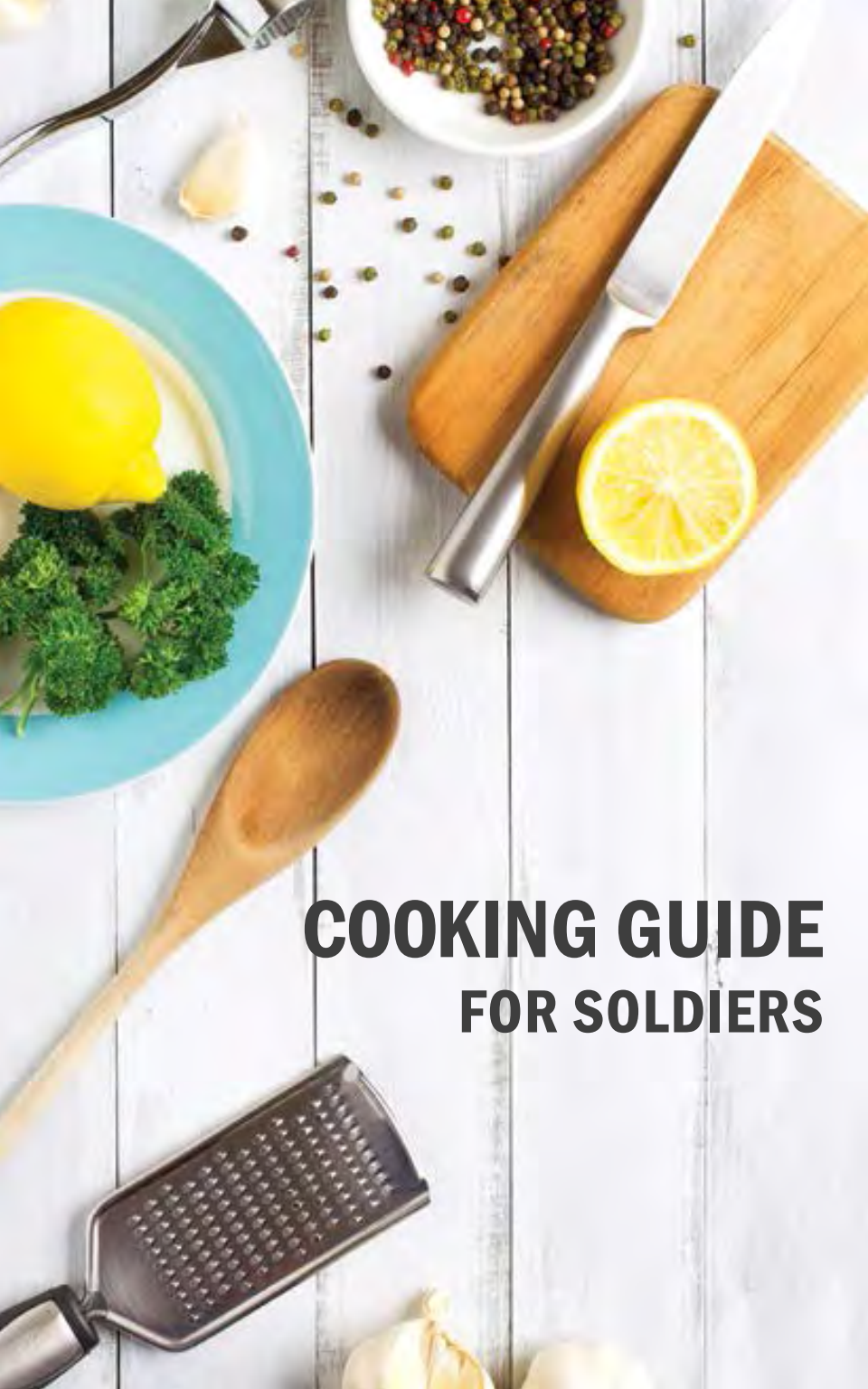

COOKING GUIDE
FOR SOLDIERS

Table of Contents

Section 1 4

Preparing Healthy Meals

Step 1: Have Helpful Cooking Devices and Tools On-Hand
Step 2: Make a Menu and Go Food Shopping
Step 3: Always Practice Food Safety
Step 4: Properly Store Perishable Food

Section 2.....22

Meal Ideas for Breakfast, Lunch, Dinner

Breakfast Meals: ≤ 15 minutes and ≥ 30 minutes
Lunch Meals: ≤ 15 minutes and ≥ 30 minutes
Dinner Meals: ≤ 15 minutes and ≥ 30 minutes
Salad Making 101

Section 3.....40

Microwavable Meals

Section 4.....48

Make Better Choices When Dining Out

Section 5.....52

Additional Resources

Section 1
PREPARING DELICIOUS MEALS

Food is fuel for one of the most sophisticated machines in the world – your body! Properly fueling your body means eating plenty of fresh fruits/vegetables, whole grains, beans, and moderate amounts of lean protein and healthy fats.

Many soldiers are busy and rely on food that comes from a restaurant (fast-food, take-out, or sit-down). You may also be eating more convenience foods or pre-packaged/highly processed foods because they require very little preparation and cooking time.

Frequent consumption of typical fast-food and/or take-out food (burgers, fries, regular sodas, fried chicken, pizza, etc.) makes it easier for you to ingest more fat, cholesterol, sodium, and calories than what your body actually needs. This can make you feel more sluggish and tired during the day. It can also make it more difficult for you to control your weight, and could increase your risk for chronic diseases like high-blood pressure, heart disease, and cancer.

On average, Americans spend $1,200.00 per year on fast food! You can save money and stop relying so much on convenience foods by planning and preparing more nutritious meals. This guide will help you successfully navigate the road to eating healthier.

For under $10, you could buy...

1 case (24 cans) of Coke®

***Total: $5.19**

or

- **1 cucumber** ($ 0.68)
- **1 bag of frozen Veggie Steamers** ($ 1.25)
- **1 pound of grapes** ($ 0.88)
- **1 pound of bananas** ($0.47)
- **1 pound bag of brown rice** ($ 0.72)
- **1 box of whole wheat spaghetti** ($ 0.88)

***Total: $4.88**

1 box of taquitos

***Total: $6.87**

or

- **1 loaf of 100% whole wheat bread** ($2.50)
- **1 pound of chicken breasts** ($0.98)
- **1 pound of baby carrots** ($1.44)
- **1 pound of bananas** ($ 0.47)
- **4 ears of fresh corn** ($ 1.00)

***Total: $6.39**

*Total cost reflect approximate commissary pricing (varies by location).

Save time and money by writing out your grocery list before your shopping trip.

Step 1

HAVE HELPFUL COOKING DEVICES AND TOOLS ON-HAND

STEP 1: Have Helpful Cooking Devices and Tools On-Hand

Whether you live in the barracks, a small apartment, or a house, having some basic cooking tools will help with easy meal preparations. A few appliance such as a rices cooker, crock-pot or a toaster oven may help with simple meals. If you live in the barracks, check with housing office for specific guidance for cooking devices (rice cookers, crock-pots, etc.).

Pots, pans, and other cooking tools may be available to borrow from Army Community Service (ACS). If you must purchase your own cooking tools and devices, research and shop for the best quality at an affordable price. The next few pages contain an illustrative guide to some of the helpful and common cooking devices and tools. You do not have to purchase every single device pictured on the next few pages! Pick only those devices and tools you think you will use the most often. Be sure to follow the manufacturer's directions when operating, cleaning, and storing your kitchen devices and tools.

HELPFUL KITCHEN TOOLS AND APPLIANCES

Cooking Appliances*

- ❒ Slow-cooker
- ❒ Rice-cooker
- ❒ Mini-food processor
- ❒ Blender
- ❒ Toaster
- ❒ Toaster oven

Food Preparation Tools

- ❒ Sharp (cutting) knives
- ❒ Washable cutting board(s)
- ❒ Pots and pans (non-stick)
- ❒ Mixing bowls (various sizes)
- ❒ Cooling rack(s)
- ❒ Measuring cups
- ❒ Stirring spoon(s)
- ❒ Measuring spoons
- ❒ Can opener
- ❒ Oven mitts
- ❒ Trivet(s)
- ❒ Meat thermometer
- ❒ Colander(s)
- ❒ Spatulas

Microwave Use

- ❒ Ceramic dishes/bowls
- ❒ Glass/Pyrex containers

Food Storage / Preparation

- ❒ Refrigerator thermometer
- ❒ BPA**- Free plastic dishes/ containers
- ❒ Glass/Pyrex containers
- ❒ Sealable plastic bags (large and small)
- ❒ Sealable plastic freezer bags
- ❒ Parchment paper
- ❒ Aluminum foil
- ❒ Wax paper
- ❒ Plastic wrap

Cleaning Supplies

- ❒ Dish-washing tub and drying rack
- ❒ Dish-washing soap
- ❒ Disinfecting spray and/or wipes
- ❒ Hand-soap
- ❒ Bleach
- ❒ Paper towels
- ❒ Washable dish-rags

*May or may not be allowed in the barracks. See previous page for explanation.

** Bisphenol A (BPA) is a carbon-based synthetic compound used to make certain plastics and plastic containers.

HELPFUL COOKING DEVICES AND TOOLS

Sheet Pans: Use to bake or roast foods that won't run/seep liquid (e.g., baking potatoes, fish-fillets, vegetables, cookies, etc.).

Muffin Pans: Bake muffins

Non-Stick Skillet Pan: Cooks and heats sauces, eggs, chicken, ground beef, etc.

Wok Pan: Stir fry meats and/or vegetables.

Grill Pan: Grills meats and vegetables on the stove-top.

Boiling Pans: Boils water, soups, sauces/marinades, etc. on the stove-top.

Sharp Kitchen Knives: Makes cutting, chopping, and slicing much easier. Refer to the knife guide at *http://www.kniveskitchen.com/blades.html* for more information.

Cooking Scissors/Shears: Trim the fat off the meat (poultry) or quickly cut the stalks off of fresh broccoli.

Meat Thermometer: Use to check cooked meat to ensure it has reached the correct internal temperature.

Oven-Tempered Glass/Pyrex: Great for baking casseroles and meats or for microwaving vegetables. Use to safely re-heat foods and/or store left-overs.

Ceramic/Glass: Great for baking casseroles and meats or for microwaving vegetables. Stores and protects leftovers or meats during thawing. Useful to re-heat food in the microwave or oven (remove plastic lid when re-heating food).

Rice Cooker: Cooks white or brown rice, and other grains like quinoa, bulgur, etc.

Crock-pot: Slow-cooks soups, meats, casseroles, etc.

Mini-food processor: Quickly minces/chops raw veggies (onions, peppers, garlic, etc.).

Blender: Blends soups, smoothies, etc.

Cutting Boards: Provides a surface to cut, dice, chop meats, vegetables, fruits, etc. Protects counter-tops.

Research, Purchase, and Properly Care for Your Cooking Devices and Tools

When researching and purchasing your cooking device and/or tools:

- Refer to Consumer Reports Magazine (check your local library or search online). Some of the on-line reports are only available with a subscription while other reports are free of charge.
- Read the customer reviews.
- Check your local PX for cooking tools and devices (PX will match Amazon.com pricing for the exact same item).
- Check out AAFES on-line at: *http://bit.ly/1CVcaPX.*
- Check out Amazon.com and compare prices between local department stores.

After purchasing your cooking device and/or cooking tools:

- Register your device(s) immediately after purchase.
- Keep any warranty information and receipt(s) of purchase.
- Organize your operating manuals into a notebook with sheet protectors or an accordion file for easy reference.

Care for and store devices and tools according to manufacturer directions:

- To make clean-up easier, line baking sheets and oven pans with aluminum foil (do not put foil in microwave), parchment paper or spray with non-stick cooking spray.
- Use only wooden spoons or spatulas on non-stick cookware to prevent scratching and ruining the non-stick finish.
- Keep kitchen brushes and dish-rags handy and be sure to clean, replace, or disinfect these cleaning tools on a routine basis.
- Never operate a device with a frayed or damaged cord.

STEP 2
MAKE A WEEKLY MENU AND GO FOOD SHOPPING

STEP 2: Make a weekly menu and go food shopping at least once a week.

Planning a menu and keeping your barracks room well-stocked with healthier foods will set you up for success. Refer to the Resource Guide located near the end of this booklet for menu ideas and recipes (apps and cook books). Keep these guidelines below in mind when planning your menu:

1. **Examine your weekly schedule and look for days/times where you can devote more time to preparing healthy foods.**
2. **Make a grocery list that corresponds to your menu.** Check what and how much you already have on-hand so you don't duplicate or run low on required ingredients.
3. **Build in leftovers so you don't have to "cook" everyday of the week.** Stews, stir-frys, and pasta/rice/bean dishes can be made in larger batches and frozen or refrigerated for use later in the week.
4. **Purchase time-saving ingredients.** A few ideas include pre-washed salad mix, baby carrots, frozen vegetables/fruits, whole grain pasta/breads/brown rice, canned meats, canned/low-sodium beans, boneless/skinless poultry, low-sodium pasta sauce, chopped garlic (jar), minced ginger (jar) etc.
5. **Include healthier convenience-type foods in your menu like frozen meals, healthy soups, or already cooked and prepared whole chicken.** Read the food label and the ingredient list to help you. Follow the suggestions on the next few pages.
6. **Stick to your shopping list when at the store. It is easy to buy impulse items.** Eat before you go shopping to help avoid purchasing impulse items.

WHOLE GRAINS

- ❒ 100% whole wheat bead
- ❒ Brown rice
- ❒ 100% whole wheat pasta
- ❒ 100% whole wheat cereal
- ❒ Oatmeal (plain)
- ❒ Frozen whole wheat waffles
- ❒ 100% whole wheat crackers (i.e. Triscuits®)

DAIRY

- ❒ Skim or 1% white milk or lactose-free milk
- ❒ Greek yogurt (low-fat)
- ❒ Kefir yogurt Drink
- ❒ String cheese
- ❒ Cottage cheese (1% low-fat)
- ❒ Cheddar Cheese (2% low-fat)
- ❒ Parmesan Cheese

VEGETABLES

- ❒ Pre-washed salad greens
- ❒ Baby carrot sticks
- ❒ Baby tomatoes
- ❒ Sweet potatoes, red potatoes, or white potatoes
- ❒ Broccoli
- ❒ Bell-peppers (any color)
- ❒ Corn
- ❒ Cucumbers
- ❒ Green beans
- ❒ Peas
- ❒ Onions and/or garlic

FRUITS

- ❒ Apples
- ❒ Bananas
- ❒ Berries
- ❒ Melon
- ❒ Oranges
- ❒ Clementines
- ❒ Red or green grapes
- ❒ Pears
- ❒ Kiwi
- ❒ Pineapples
- ❒ Mangoes

PROTEINS

- ❒ Egg substitutes or whole eggs
- ❒ Canned water-packed tuna (low-sodium)
- ❒ Canned chicken (low-sodium)
- ❒ Fresh or frozen fish fillets (not breaded)
- ❒ Boneless, skinless chicken breasts
- ❒ Deli-meats (turkey breast, roast beef)
- ❒ Beans (canned)
- ❒ Rotisserie chicken
- ❒ 93% lean ground beef
- ❒ All natural nut-butter (no sugar or salt added)
- ❒ Nuts (low-sodium)
- ❒ Hummus

OTHER

- ❒ Healthy frozen meals (see below)
- ❒ Pasta sauce (see below)
- ❒ Canned vegetable, bean, or grain based soups (see below)

READ THE FOOD LABEL. LOOK FOR:

- ❒ Cereal: *≤10g Sugar; ≥3g Fiber*
- ❒ Yogurt: *≤ 20g Sugar*
- ❒ Frozen Meal: *≤ 600mg Sodium; ≤10g Fat; ≤500 calories*
- ❒ Pasta Sauce: *≤600mg Sodium*
- ❒ Soup: *≤ 800mg Sodium*
- ❒ Frozen or canned fruits/veggies without added salt, sugar, or fat

In addition to the nutrition facts label, **read the ingredient list** and look for products with the **fewest number of ingredients!**

Foods and beverages that are minimally processed and contain whole food ingredients are the best choice.

Check out the examples on the next few pages to help you learn how to use the ingredient list to stock up on more wholesome foods.

Yogurt A
Number of ingredients: 11

Nutrition Facts
Serving Size 1 container (170g)
Servings Per Container 8

Ingredients: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Blackberries, Modified Corn Starch, Kosher Gelatin, Citric Acid, Colored with Beet Juice, Ticalcium Phosphate, Natural Flavor Pectin, Vitamin A Acetate, Vitamin D3.

Protein 5g *10%*

Calcium 20%

Yogurt B
Number of ingredients: 2

Nutrition Facts
Serving Size 1 container (170g)
Servings Per Container 1

Cultured Grade A Reduced Fat Milk, Pectin.

CONTAINS ACTIVE YOGURT CULTURES INCLUDING L ACIDOPHILUS

Protein 8g *16%*

Calcium 30%

Notes

Ingredients: Look for yogurt with less than five ingredients, no added sugar, and live active cultures.

Nutrition: Choose yogurt that has at least 8 grams of protein per 6 oz. serving and at least 30% Daily Value for Calcium. When additives replace real food ingredients, nutrition declines!

Wheat Bread A
Number of ingredients: 8

Nutrition Facts
Serving Size 1 slice (48g)
Servings Per Container 14

Organic Whole Wheat Flour, Water, Cracked Wheat, Wheat Bran, Honey, Molasses, Soybean Oil, Salt and Yeast.

Sodium 45mg *2%*
Dietary Fiber 4g *15%*
Sugar 1g

Iron 8%

Notes

Ingredients: The first ingredient should always be "whole wheat" or "whole grain" flour. Also, look for brands that contain all food ingredients, very little additives and no high fructose corn syrup or hydrogenated oils.

Nutrition: Choose bread with at least 3 grams of fiber per slice.

Wheat Bread B
Number of ingredients: 24

Nutrition Facts
Serving Size 1 oz (28g)
Servings Per Container 20

Enriched Wheat Flour, Water, Wheat Gluten, High Fructose Corn Syrup, Honey, Yeast, Contains 2% or Less of: Vegetable Oil (Soybean and/or Cottonseed Oils), Brown Sugar, Salt, Dough Conditioners (Mono- And Diglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzymes), Calcium Sulfate, Calcium Propionate (Preservative), Distilled Vinegar, Guar Gum, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Corn Starch, Soy Lecithin, Soy Flour.

Sodium 135mg *6%*
Dietary Fiber 2g *6%*
Sugar 3g

STEP 3
ALWAYS PRACTICE FOOD SAFETY

STEP 3: Always practice food safety! Avoid cross-contamination during food preparation

You can't see, smell, or taste harmful bacteria that may be lurking in your food or on your countertops. Follow the Food Safety Guidelines on these pages to protect yourself from a foodborne illness during food preparation.

- **Wash hands thoroughly in hot, soapy water before, during, and after handling food:** Avoid touching face or hair when preparing food.
- **Always use a separate cutting board when cutting meats, veggies, fruits, etc.** Keep raw meat, poultry, fish and their juices away from other foods.
- **Always use a separate knife when cutting meats, veggies, fruits, etc.** or, thoroughly wash your knife between foods in hot/soapy water.
- **Cook raw/fresh meat to the correct temperature (insert meat thermometer half way into the thickest part of meat):**
  Chicken, Turkey (fresh or ground): 165°F.
  Ground Beef: 160°F
  Fresh Beef (steaks, roasts), Pork, Lamb, Seafood: 145°F

  Note: Never re-insert a meat thermometer without first washing the probe in hot/soapy water and drying it with a paper towel.
- **Chill leftovers promptly:** Perishable foods or dishes containing meats, seafood, eggs, milk/dairy should not be left out for more than 2 hours at room temperature.
- **Cook or freeze fresh meat promptly:**
  Cook or freeze fresh poultry, fish, ground meats within 2 days
  Cook or freeze other beef, veal, lamb, or pork within 3-5 days
- **Re-heat leftovers to the correct temperature:** Reheat leftovers to 165°F or until steaming hot.

Source: *http://1.usa.gov/12CDnHh*

Freeze Meat Correctly

To minimize defrosting time, place smaller portions of meat into plastic freezer bags. Squeeze all of the air out when sealing the bag. Label outside of packaging with the current date. Most meats can be frozen for up to 3 months.

Steps to Defrost Meat Using a Refrigerator (Best Method):

1. **Plan ahead:** Most meats will take from 24 – 48 hours to thaw in the refrigerator. Larger portions of meat will take longer.
2. **Put frozen meat (do not remove from freezer bag) into a container that is at least 1-inch deep.** This keeps leaking juices from contaminating other foods in your refrigerator.
3. **Place the sealed and plated frozen meat on the bottom shelf of your refrigerator.**
4. **Prepare thawed ground meat, seafood, and poultry within 1-2 days of thawing.**
5. **Prepare thawed lamb, pork, beef, steak, and all other types of meats within 3-5 days of thawing.**

Steps To Defrost Meat Using a Microwave (An Alternative Method)

1. **Remove meat from its freezer bag, wrap, and/or Styrofoam packaging and place it in a microwave safe dish that is at least 1-inch deep.** (To more easily remove the frozen meat from its packaging, defrost it for a few minutes).
2. **Defrost your meat using the defrost setting on your microwave.** Refer to your user manual for the meat's preferred setting and timing. If your microwave doesn't have a designated defrost mode, set the power to 50 percent.
3. **Check the meat throughout the defrosting time.** As outer portions of ground meat thaw, remove them to a separate dish. If the edges of meat feel warm, stop microwaving and allow meat to stand for a few minutes or until edges are cold again.
4. **Immediately cook meat that has been defrosted in the microwave**. Don't let it stand for any length of time at room temperature or in the fridge.

STEP 4
PROPERLY STORE YOUR PERISHABLE FOODS

STEP 4: Properly store your perishable food (meat and meat dishes, dairy, eggs, and any leftovers).

Protect your perishable food from spoilage and bacteria by storing it correctly in the refrigerator and/or freezer. Refer to the guide on the next page.

Keep a refrigerator thermometer visible in the warmest part of your refrigerator (usually on the top shelf). Check it often. Make sure your refrigerator is reading 36°F - 40°F. If it is too warm (≥ 41°F), bacteria can quickly multiply which could contaminate your food.

Keep it tasting fresh!
Visit the web or use a phone app:
Is My Food Safe? *http://homefoodsafety.org/app*

PERISHABLE FOOD STORAGE GUIDE

Category	Food	Refrigerator (40°F or below)	Freezer (0°F or below)
Salads	Egg, chicken, ham, tuna and macaroni salads	3 to 5 days	does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Luncheon Meat	Opened package or deli slices	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and Sausage	Bacon	7 days	1 month
	Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburgers and Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roast	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Fresh Fish and Shell Fish	Fish or shellfish	1 to 2 days	2 to 3 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months
	Cooked fish or shellfish	3 to 4 days	4 to 6 months

Source: *http://www.foodsafety.gov/keep/charts/storagetimes.html*

Section 2
MEAL IDEAS FOR BREAKFAST, LUNCH AND DINNER

Breakfast, Lunch and Dinner Ideas

The next few pages are divided up by meal (Breakfast, Lunch, Dinner). Each meal contains menu ideas that are either:

1) Time Saving or

2) Involve more time to cook/prepare. Choose what works best for your schedule. These options are meant to be “idea-generators”.

Refer to the resource section at the end of this guide for additional help in finding healthy recipes, cookbooks, apps, and other menu ideas.

Breakfast Tip:

To keep you energized throughout the morning, choose a breakfast that contains any combination of :

Complex Carbohydrate + Protein + Fiber +/or Healthy Fat

EXAMPLES OF BREAKFAST FOOD TO MIX-N-MATCH

Complex Carbohydrate	Protein	Fiber	Healthy Fat**
100% Whole wheat bread, bagel, English muffin, tortilla	Low-fat milk	Fresh fruit	Olive oil
100% Whole wheat cereal	Greek yogurt	Frozen fruit	Canola oil
Oatmeal	Egg or egg substitute	Fresh veggies	Low-fat margarine
Brown rice	Nut butter*	Frozen veggies	Avocado (1/8)
	Nuts*		

*Count as a protein and a fat. **Practice portion control (1-2 tsp.)

Breakfast Meal Ideas
(15 MINUTES OR LESS)

How to Prepare Scrambled Eggs in the Microwave:

- Spray a small microwavable container (bowl or large coffee mug) with cooking spray.
- Crack 2 eggs into the container and whisk them well with a fork. Egg substitute or egg whites may also be used.
- Add 1-2 Tbsp. of low-fat milk and stir.
- Microwave on HIGH (uncovered) for 45 seconds. Carefully remove container (use oven-mitts) and stir eggs with a clean fork. Then, microwave again on HIGH until eggs are almost set, usually about 30-45 more seconds.
- Remove container from microwave using oven-mitts.
- Stir again with a clean fork, and serve immediately.

ADD MORE FRUITS AND VEGETABLES TO YOUR BREAKFAST...

Try a delicious Green Smoothie made with fresh spinach, frozen mango, and cranberry juice. Top pancakes or waffles with fresh fruit instead of syrup. Layer berries, Greek yogurt, and granola to make a healthy parfait. Add dried fruits (raisins, cherries, or cranberries) to your oatmeal. Fill a whole wheat English Muffin with cooked eggs, fresh tomato, and spinach for an on-the-go breakfast.

Time-Saving Breakfast Ideas:

- **Whole grain cereal and low-fat milk or lactose-free milk.** Look for cereal that contains ≥ 3g fiber and ≤ 10g sugar. Top with fresh fruit.
- **Greek yogurt.** Top it with fresh fruit , ¼ cup low-fat granola, and/or a small handful of roasted almonds (1 oz. = 24).
- **100% Whole wheat bread with 1-2 Tbsp. of nut butter.** Choose all-natural, chunky or creamy nut butter (read label and look for no added sugar; nuts should be the only ingredient).
- **Protein packed fruit smoothie.** (use frozen fruit). In a blender, combine 1 cup frozen mixed berries, 1 banana, 1 orange (peeled, all seeds removed, and cut into segments), and ¾ cup Vanilla-flavored Greek Yogurt.
- **Egg breakfast sandwich**. 1-2 scrambled eggs (stove-top or microwave) on a 100% whole wheat English muffin. Add-ins: fresh spinach, tomato, Canadian ham, onion, salsa, or hot-sauce.

Breakfast Meal Ideas
(30 MINUTES OR MORE)

When You Have More Time to Prepare Breakfast

WHOLE WHEAT PANCAKES:

Ingredients:
Use Whole Wheat Pancake & Waffle Mix.
Look for a mix with ≥ 3g fiber/serving and ≤ 1g fat.

Directions:
Follow directions on the box and add in low-fat milk or lactose- free milk. Add fresh/frozen blueberries (thaw frozen), a sliced banana, and/or a teaspoon of cinnamon.

Store and Save for later:
Refrigerator: Refrigerate within two hours of cooking; place in plastic bag to prevent drying out. For best quality, refrigerate for only 1 day. **Freeze:** Place a sheet of wax paper between each pancake, then wrap pancakes tightly in aluminum foil or place in a heavy-duty freezer bag. For best quality, freeze for 1-2 months. When ready to eat, microwave each frozen pancake on HIGH for 30-60 seconds or, until steaming hot.

PUMPKIN SPICE MUFFINS

Ingredients:

1 box carrot cake mix
1 (15 oz.) can pure pumpkin puree
¼ cup applesauce
¼ cup water

Directions:
Pre-heat oven to 350 F. Line muffin pan with paper muffin liners. Simply mix all ingredients until just combined.
Drop batter into muffin pan – filling each muffin cup to ²/₃ full. Bake for 20–22 minutes. Check for doneness using a knife inserted in the center of a muffin. If it comes out clean, the muffins are finished. If not, cook for a few minutes longer and check again with a clean knife. Makes about 18 muffins.

Store and Save for later:
Pantry: Store in sealed container for 1-2 days. **Refrigerate:** Store in sealed container for 1 week. **Freezer:** Store in sealed container or heavy-duty freezer bag for 1 month.

BREAKFAST BURRITOS:

Ingredients:

12 eggs (6 with yolks, 6 without (just the egg whites). Or, use egg-substitute.
¼ cup skim milk
1 red pepper, diced
1 green pepper, diced
1 onion, diced
¾ lb. turkey sausage
1 cup reduced fat cheddar cheese, shredded
10 whole wheat tortillas

Directions:

In a bowl, crack the eggs one at a time, add the milk, and beat together with a whisk or a fork until well blended. In a large skillet over medium high heat, brown the sausage, peppers, and onions until the sausage is no longer pink and the vegetables are tender. Turn the heat down to medium and add the eggs. Let the eggs cook for a minute or two. You can then scrape the eggs from the edge of the pan to the center and continue doing this until the eggs are just about set. Sprinkle the cheese on top and let rest for 20-30 seconds while the cheese melts.

Spoon some of the sausage and egg filling in the center of a tortilla. Wrap up each tortilla burrito-style, with the sides folded in. Place each burrito seam side down and allow to cool for a couple of minutes. Makes 10 burritos.

Store and Save for later:
Freeze: Wrap each burrito in plastic wrap and then either wrap in foil or place in a plastic freezer bag. When ready to eat, remove all wrappings and place in the microwave oven for ~ 90 seconds.

Lunch Meal Ideas
(15 MINUTES OR LESS)

WHAT'S FOR LUNCH?

Skip the fast-food restaurant and save money, calories, and fat! Pack or prepare one of these quick and easy lunch ideas.

Time-Saving Lunch Ideas:

- **Low-sodium veggie or bean soup** (≤ 800mg of sodium per serving). **Serve with:** 1 whole-grain roll, 12 baby carrots, and a fresh apple.
- **Lean roast beef & Swiss cheese sandwich.** Use 100% whole wheat bread. Add flavor with mustard, wasabi paste, or low-fat mayonnaise. Add veggies like 2 slices of fresh avocado, a slice of tomato, and/or fresh spinach leaves. **Serve with:** Fresh fruit and a side-salad topped with 1-2 Tbsp. of low-fat vinaigrette dressing.
- **2 Tbsp. hummus and fresh cut-up veggies.** Use peeled and sliced carrots, celery, bell-peppers, sugar-snap peas, and/or baby tomatoes. Use store-bought hummus. **Serve with:** fresh fruit and 1 oz. (a small handful) of pita chips, and 1 oz. of raw nuts (small handful).
- **Peanut butter and banana sandwich.** Use 100% whole wheat bread and 1-2 Tbsp. of peanut butter. Choose all-natural, chunky or creamy peanut butter (read label and look for no added sugar; peanuts should be the only ingredient). **Serve with:** 1-2 cups raw veggies and 1 cup low-fat milk.
- **Cheese quesadillas.** Spread 1 tsp. each of low-fat margarine on two 100% whole-wheat tortillas. Sprinkle ¼ cup shredded low-fat cheese in-between the two tortillas. Microwave for ~ 30-60 seconds (until cheese is melted). Top with ¼ cup salsa, and/or 1 Tbsp. low-fat sour-cream. **Serve with:** 1-2 cups raw veggies and 1 cup of sliced fresh fruit.

Lunch Meal Ideas
(30 MINUTES OR MORE)

When You Have More Time to Prepare Lunch

SZECHUAN CHICKEN & VEGETABLES OVER RICE

Ingredients:

2 tsp light sesame oil
1 pound thawed boneless, skinless chicken breast tenders
¼ teaspoon dried red pepper flakes
1 (10 oz.) package fresh stir-fry vegetables
¼ cup low-sodium teriyaki sauce
Brown rice

Directions:

Begin cooking brown rice according to package directions. Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add chicken and sprinkle with pepper flakes; stir-fry for 3 minutes.

Add vegetables and teriyaki sauce, stir-fry for 5 minutes or until vegetables are crisp-tender and chicken is thoroughly cooked (no longer pink and internal temperature reaches 165°F). Serves 4.

Keep warm until rice is complete. Pour ~ 1 cup of chicken mix over ½ cup cooked rice.

Store and save for later:
Refrigerate: In a tightly sealed container for 3-4 days. **Freeze:** In a tightly sealed container for up to 4 months.

BEEF STEW

Ingredients:
2 pounds boneless beef sirloin steak, cut into 1-inch cubes
3 Tbsp. flour
2 Tbsp. vegetable oil, divided
1 package of beef stew seasoning mix
3 cups of water
5 cups of frozen vegetables for stew

Directions:

Coat beef with flour. Heat 1 tablespoon of the oil in a large nonstick skillet on medium-high heat. Add ½ of the beef; brown on all sides. Repeat with remaining beef, adding remaining 1 tablespoon oil. Return all beef to skillet.

Stir in seasoning mix and water. Add vegetables; bring to boil. Reduce heat to low; cover and simmer 15 minutes or until vegetables are tender. Serves 8.

Note: You can also make this in the slow-cooker or crock pot. Place the cooked beef cubes and other ingredients in a crockpot. Stir. Cook on low for 4-8 hours.

Store and Save for Later:
Refrigerate: In a tightly sealed container for 3-4 days. **Freeze:** In a tightly sealed container for 4-6 months.

Dinner Meal Ideas
(15 MINUTES OR LESS)

WHAT'S FOR DINNER?

Make sure you have healthy food on-hand to prepare a delicious meal after work!

How to Prepare a Baked Potato in the Microwave:

- Wash (scrub) medium-sized baked potato well. Using a fork, poke holes (at least 4 times) into both the top and bottom side of the baked potato.
- On a microwavable safe plate, microwave on HIGH for 4 minutes.
- Using a paper towel to help protect your fingers (Caution: it will be hot), flip it over and microwave on HIGH for 4 more minutes.
- Remove the plate using oven mitts/gloves (very hot). Slice potato open and enjoy with spray butter, ¼ cup low-fat cheddar cheese, and/or steamed veggies/beans of your choice. Season with black pepper, salsa, or hot-sauce.

Time-Saving Dinner Ideas:

- **Baked potato with low-fat cheese and steamed veggies.**
  Microwave 1-2 cups of frozen veggies according to package directions. Place cooked veggies and 1-2 Tbsp. low-fat, shredded cheese on top of baked potato.
  Serve with: Fresh fruit.
- **Healthy frozen meal.**
  Refer to page 3 for help in selecting a healthier frozen meal.
  Serve with: Fresh fruit and a side-salad topped with low-fat vinaigrette dressing.
- **Chicken salad on top of fresh greens.**
  Use 1 can of canned, drained chicken breast. Mix together chicken breast and 2 Tbsp. low-fat Italian salad dressing. Place chicken on top of 2 cups of mixed salad greens. Top with 1 small tomato cut into wedges, ¼ red onion cut into thinly sliced rings, 1 hard-cooked egg, sliced, and 1/8 cup pitted ripe black olives (optional). **Serve with:** Fresh fruit (i.e. apple) and a few whole-grain crackers (pre-portioned).
- **Thai beef rolls.**
  Directions: Combine 1 1/2 Tbsp. lime juice, 1 Tbsp. dark sesame oil, 1 Tbsp. bottled ground fresh ginger, 1 Tbsp. of bottled minced garlic, 2 tsp. of fish sauce, and ¾ tsp. sugar. Stir well with a spoon. Place a whole grain tortilla on a plate and brush lightly with 2 tsp. of juice mixture. Cover with a few pieces of torn lettuce or spinach leaves. Place a small handful of match-stick cut carrots on top of lettuce leaves. Place 3 oz. lean roast beef on top of mixture and wrap-up. Save remaining juice in refrigerator for up to 7 days.
  Serve with: Fresh fruit and low-fat milk.

MAKE IT AHEAD TIP!

Cook brown rice in large batches per package directions. Freeze 1 cup portions in individually sealed plastic zip-lock bags. Thaw in refrigerator overnight. When ready to eat, place in microwaveable container, and heat in microwave on HIGH for 45-60 seconds or until steaming hot.

Dinner Meal Ideas
(30 MINUTES OR MORE)

When You Have More Time to Prepare Dinner

MAPLE-GLAZED SALMON WITH COOKED SPINACH

Ingredients:
½ cup orange juice
1/3 cup pure maple syrup
2 tsp. minced ginger (jar variety)
1 tsp. crushed garlic (jar variety)
4, 4-6 oz. salmon fillets, without skin
1 package of frozen, chopped spinach

Salmon Directions:
Preheat oven to 400°F. Line a baking pan with parchment paper and coat paper with cooking spray. Place orange juice, syrup, ginger and garlic in a small pan over medium heat, and bring to a boil. Reduce the heat to medium-low and simmer for 8 minutes or until slightly reduced and syrupy.

Place salmon on prepared tray. Reserve half the maple glaze. Pour remaining glaze over salmon fillets. Bake for 12-18 minutes. Salmon should flake easily with a fork. Thermometer inserted into center of salmon should read > 145°F. Drizzle reserved glaze over salmon and serve with spinach. Serves 4.

Spinach Directions: Meanwhile prepare frozen spinach in microwave-safe covered dish according to package directions. Keep covered until salmon is ready to be served.

Store and Save for later:
Refrigerate: Refrigerate within 30 minutes of cooking. Store in an air-tight glass/Pyrex container for up to 4 days. **Freeze:** Store in an air-tight glass/Pyrex container for up to 2-3 months. (Thaw overnight in refrigerator).

VEGGIE LOADED CHILI

Ingredients:
½ Tbsp. olive oil
3 tsp. chopped garlic
2 cans of low-sodium diced tomatoes
2 cups chopped baby carrots
1 cup chopped celery
1 cup chopped zucchini
1 cup chopped onion
1 cup chopped bell pepper
1 large jalapeño, chopped (leave some seeds in for heat, if desired)
1 can low-sodium kidney beans, drained and rinsed
1 can low-sodium black beans, drained and rinsed
1 can low-sodium pinto beans, drained and rinsed
2 Tbsp. dried oregano
½ cup vegetable broth
Chili powder (to taste)

Directions:

Add olive oil to a large stock pan over medium heat. Once the oil is hot, add in the onions, peppers, carrots, celery and zucchini and cook until the veggies just start to become tender.

Next, add in the beans. Then add the tomatoes, garlic, oregano and broth. Stir. Add chili powder depending on your taste preference.

Bring this mixture to a boil while stirring to combine all the flavors. Once it boils, put a lid on it and turn down the heat to simmer. Let it simmer for about 1 hour. This allows the flavors to meld beautifully together. Stir occasionally to prevent sticking. Serve it up and eat it while it's hot. Serves 8.

Store and Save for later:
Refrigerate: in an airtight container for 3-4 days. **Freeze:** Store in an airtight container for 4-6 months. You can re-heat it as is or re-heat and serve over a baked potato or cooked rice!

Salad Making 101

GETTING STARTED

Salad is a quick and easy way to incorporate more vegetables into your diet at lunch and/or dinner. Salads are packed with good-for-you vitamins and minerals. When topped with lean protein and a small amount of dressing, a salad is a complete meal that will satisfy your hunger. Follow the steps on the next page to build your next meal!

Salads are a great way to use leftovers!

Mix and Match Salad Starters

01 Step 1 — choose a base

Choose between a pre-packaged leafy greens like spinach, romaine or mixed greens **OR a starch** like baked potato, pasta, rice, quinoa, or sweet potato

02 Step 2 — add veggies

Add ½-1 cup of veggies like carrots, tomatoes, peppers, cucumbers, celery, radishes, zucchini, onions, broccoli, broccoli slaw, corn, peas

03 Step 3 — pick a protein

Add 2-3 oz. of protein like hard boiled eggs (1-2), grilled chicken, lean beef, cooked shrimp, water-packed tuna, grilled fish, beans, lentils

04 Step 4 — top it off

Top it off with 1-2 Tbsp. of low fat dressing like lite balsamic vinaigrette, crushed black pepper or salt-free lemon pepper **OR other options** like hot sauce, Siracha sauce, red pepper flakes, Wasabi

SALAD PREPARATION TECHNIQUES

How to seed and chop a cucumber

- » wash it
- » slice it in half lengthwise
- » scoop out the seeds with a spoon
- » chop it into ½ to 1 inch cubes

Learn how to chop an onion

Scan the link below

https://www.youtube.com/watch?v=aDjNl5gs4nM

Learn how to slice fresh peppers

Scan the link below

https://www.youtube.com/watch?v=o28yI1XTQQU

HOW TO BOIL THE PERFECT EGGS

1. Gently place eggs in a single layer in saucepan.
2. Add enough cold water to cover the eggs by 1 inch. Turn the heat to high just until the water starts to boil.
3. As soon as you see boiling action, turn off the heat, and remove the pan. Place pan on a trivet or counter-top protector and put a lid on the pan. Let it sit for 15 min.
4. Drain off the hot water into the sink.
5. Add ice water to quickly cool eggs.
6. Let the eggs sit in the ice water for 15 minutes. If ice melts, replace with new ice!
7. Once eggs are cool to the touch, drain the water. Peel and/or refrigerate for later!

https://www.youtube.com/watch?v=YbnL2lxaB74

Section 3
MICROWAVABLE MEALS

MICROWAVABLE TURKEY MEATBALLS

Ingredients:

1 lb. 93% or 99% ground turkey
½ c. seasoned, dried bread crumbs
1 egg, beaten
1 tsp. salt
1 Tbsp. Worcestershire sauce
1 Tbsp. dried minced onion

Directions:

Mix together all ingredients. Shape into balls and arrange in a circle in a 9 or 10 inch glass pie plate. Cover plate with wax paper.

Microwave on high 8 to 11 minutes, rotating plate (if no turn table) and turning meatballs over once or twice during cooking. (Ensure meatballs reach 165°F)

Recipe makes 12 large or 18 medium meatballs.

STEAMED BROCCOLI IN THE MICROWAVE

Ingredients:

1 small – medium sized head of broccoli

⅛ cup water

Directions:

Wash broccoli thoroughly and pat it dry with a paper towel.

Using a sharp knife, cut off the large stalk. Cut the broccoli florets into bite-size pieces about 1 ½ inch in size.

Arrange florets in a single layer in small and shallow, 1-quart microwave-safe dish. Pour ⅛ cup water over the broccoli florets.

COVER with a lid and microwave on HIGH or 2 ½ - 3 minutes. Carefully remove from microwave (very hot) and use oven mitts to remove the lid.

Serve as is (plain) or season with spray-butter and a dash of your favorite seasoning if desired!

HINT - STEAMING BROCCOLI

Watch-out for over cooking! Broccoli when steamed should be a bright green color and a fork should easily slide into it. Over cooked broccoli is mushy and easily falls apart.

MICROWAVABLE CHICKEN TERIYAKI

Ingredients:
¼ cup low-sodium soy sauce
2 Tbsp. ketchup
2 Tbsp. garlic powder
3 Tbsp. of white sugar
1 skinless, boneless chicken breast (8 oz.) – thawed and cut into strips or you can use 4 boneless, skinless chicken tenderloins.

Directions:

In a bowl, combine and stir together soy sauce, ketchup, garlic powder, and sugar.

Toss chicken in sauce to coat, and place onto a microwave safe plate.

Place paper towel over and cook in the microwave on high for 5 to 8 minutes, or until chicken reaches an internal temperature of 165°F. Makes 1 serving.

HINT - QUICK THAW CHICKEN

Place frozen chicken on a microwavable safe dish. Cover with paper towel and place in microwave for 6 minutes or push the defrost button and indicate weight of chicken.

MICROWAVABLE APPLE CRISP

Ingredients:
1 large Granny Smith apple - peeled, cored and sliced
1 Tbsp. and 1 tsp. of butter, melted in microwave
2 Tbsp. packed brown sugar
2 Tbsp. quick cooking oats
1 Tbsp. and 1 tsp. all-purpose flour
⅛ tsp. ground cinnamon
⅛ tsp. ground allspice

Directions:

Spread the apple slices evenly in a small glass baking dish.

In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice.

Sprinkle this topping evenly over the apples.

Cook on full power in the microwave for 1 ½ - 2 minutes (until apples can easily be pierced with a knife). Makes 1 serving.

MICROWAVABLE CORN-ON-THE-COB

Ingredients:
1 – 4 ears of corn

Directions:

Place 1–4 ears of un-shucked corn in microwave on a microwave safe plate.

Microwave on HIGH
Microwave 1–2 ears (3 minutes)
Microwave 3–4 ears (4-5 minutes)

Allow to cool. Using gloves, set ears on a cooling rack or cutting board to cool.

Shuck (remove) the husks off the cobs and enjoy.

MICROWAVABLE CHICKEN SOFT TACOS

Ingredients:

1 cup shredded, roasted (cooked) skinless, boneless chicken breasts
¼ cup chopped fresh cilantro
¼ cup bottled chipotle salsa
4 (6-inch) 100% whole-wheat flour tortillas
½ cup chopped tomato
¼ cup (1 oz.) shredded cheddar cheese
¼ cup diced peeled avocado
2 Tbsp. low-fat or fat-free sour cream

Directions:

Combine first 3 ingredients in a medium bowl, tossing well to combine. Spoon about ⅓ cup chicken mixture onto each tortilla; microwave each taco at high 30 seconds or until warm. Makes 4 servings.

Top each taco with tomato, cheese, avocado, and sour cream. Now you are ready to enjoy!

MICROWAVABLE CHICKEN PARMESAN

Ingredients:

1 jar (28 oz.) tomato sauce
3 teaspoons Italian seasoning
¼ teaspoon garlic powder
½ cup cornflake crumbs
¼ cup grated parmesan cheese
1 teaspoon dried parsley flakes
4 boneless, skinless chicken breast halves
1 egg, beaten in a bowl and set aside
⅓ cup shredded part-skim mozzarella cheese

Directions:

In a large microwave-safe bowl, combine the tomato sauce, Italian seasoning, and garlic powder. Cover and microwave on high for 2 minutes; stir. Cover again and cook at 50% power for 3-5 minutes or until mixture simmers, stirring once; set aside.

In another bowl, combine the crumbs, Parmesan cheese and parsley.

Dip the chicken into the beaten egg, then roll in the crumb mixture until both sides are coated.

Place in a lightly-greased (spray with cooking spray) **shallow** 2-quart microwave-safe dish.

Cover and microwave on high for 7-8 minutes, rotating a half turn after 4 minutes if microwave oven doesn't have a turn-table.

Pour tomato mixture over chicken, sprinkle with mozzarella. Cook, uncovered, at 50% power for 3-5 minutes or until chicken reaches internal temperature of 165°F.

Store and Save for Later:
Refrigerate: In a tightly sealed container for 3-4 days. Re-heat 1 serving in the microwave for 1 ½ minutes on 80% power or until steaming hot. **Freeze** for 3-4 months and thaw in refrigerator.

MICROWAVABLE PIZZA CASSEROLE

Ingredients:

1 pound of 93% lean ground beef (thawed)
½ cup chopped onion
½ cup chopped green pepper
1 jar (28 oz.) pasta sauce
1 can (4 oz.) sliced mushrooms, drained (optional)
4 oz. sliced turkey pepperoni (optional – use a very small handful)
2 cups of uncooked noodles (penne or rotini work well)
1 ½ cups water
½ tsp. dried oregano
½ tsp. garlic powder
½ tsp. dried basil leaves
3 tsp. Italian seasoning
¾ cup shredded skim mozzarella cheese

Directions:

Remove the ground beef from its packaging, and place it in a large (2.5 quart or larger, deep) microwave-safe casserole dish.

Microwave on HIGH (uncovered) for 2 minutes. Stir and microwave another 1 ½ minutes until done. Drain ground beef thoroughly.

Add all of the following ingredients: onions, peppers, pasta sauce, sliced mushrooms, pepperoni, uncooked noodles, water, oregano, garlic powder, basil, and Italian seasoning.

Cover and microwave on HIGH for 10 ½ minutes. Remove the lid and top it off with the ¾ cup mozzarella cheese Microwave on HIGH for an additional 30 seconds.

Makes 6–8 servings. Serve with steamed broccoli

Store and Save for Later:
Refrigerate: In a tightly sealed container for 3–5 days. Re-heat 1 serving in the microwave for 1½ -2 minutes on 80% power. **Freeze:** In a tightly sealed container for 6-8 months. Microwave 1 serving of frozen casserole on 80% power for 4 minutes (or until steaming hot).

MICROWAVABLE CHICKEN AND BEAN SOUP

Ingredients:

1 (14 oz.) bag whole-kernel corn, frozen
1 (15 oz.) can black beans
1 (15 oz.) can kidney or cannellini beans
1 (14.5 oz.) can diced tomatoes with green chilies, low-sodium
1 (14.5 oz.) can chicken broth, low sodium
1 (10 oz.) can chunked chicken
1 (10 oz.) can cheddar cheese soup (reduced fat and/or low-sodium)

Directions:

Open all the cans. Drain and rinse beans in a strainer.

Place all ingredients in a large (2.5 quart or larger deep) microwave-safe bowl and stir well.

Cover and cook on high for 18 minutes, stirring three times (every 6 minutes) or until heated through.

Serve. Makes 10 servings.

Alternate directions:

Place all ingredients in a large pot on the stove and heat thoroughly.

Store and Save for Later:
Refrigerate ½ of the recipe: In a tightly sealed container for 3-4 days. (Enjoy as it is or use it to top baked potatoes, pasta or rice.)
Freeze the other ½ of the recipe in a tightly sealed container for 4-6 months and thaw in refrigerator, microwavable.

LEFTOVERS HINT

When storing leftovers, try to store them in single serving size containers. The easier they are to grab, the more likely you are to eat them.

Section 4
MAKING BETTER CHOICES WHEN DINING OUT

When you eat in the DFAC or when you visit a restaurant (fast-food or sit-down), follow the guidelines on the next few pages to help you make healthier food choices.

GO FOR GREEN®
Eating well to perform

Go for Green® is a Department of Defense (DoD) nutrition program designed to help you identify healthy food and beverage choices in the DFAC. Food and beverage choices are color-coded either green, yellow, or red based on nutrition quality (fiber, sugar, degree of processing, type and amount of fat and overall wholesomeness). Look for the green, yellow, and red labels at the DFAC and pick foods/beverages identified as "Green" as often as possible.

High Performance Foods/Beverages	Moderate Performance Foods/Beverages	Low Performance Foods/Beverages
• Premium fuel for the Soldier Athlete • Fresh and flavorful • Nutrient dense • ***Go for Green: Eat often***	• Higher in calories • Lower in vitamins and minerals • ***Eat Sometimes***	• Highest in calories • Lowest in vitamins and minerals • ***Eat Rarely***

HINT - HEALTH TIP

For more nutrition information about your favorite AAFES restaurant, visit the web at: *http://bit.ly/1NjarXe*. (Click on the AAFES restaurant of your choice to see the most current nutrition information per item.)

FAST-FOOD DINING

INSTEAD OF THIS:	CHOOSE THIS:
Anthony's Pizza	
2 large slices of pepperoni pizza 1 large regular soda ***Total: 1170 calories and 42g fat***	2 large slices of cheese pizza Water, 12 baby carrots ***Total: 873 calories and 32g fat***
Burger King	
BK Whopper Value Meal with mayo and cheese Large Coke Large fries ***Total: 1520 calories and 66g fat***	BK Whopper Jr. without mayo and cheese Fresh apple slices Fat-free white milk ***Total: 360 calories and 10g fat***
Popeyes	
Popeyes Chicken Tenders (3) Large Cajun fries 1 biscuit 22 oz. Coke ***Total: 1600 calories and 70 g fat***	Popeyes Blackened Tenders (3) Green beans (reg. size) Baguette Water ***Total: 300 calories and 6g fat***

MAKE BETTER CHOICES WHEN DINING OUT

Cut calories and/or reduce fat by following these guidelines when dining out.

Beverages:

- Choose water, light-lemonade, unsweetened iced tea, or diet soda instead of regular soda.
- Choose low-fat milk instead of a milkshake.

Sandwiches:

- Ask for mayonnaise on the side or skip it all together. 1 Tbsp. of mayonnaise has 100 calories! Substitute mustard for the mayonnaise.
- Skip the special sauce.
- Skip the cheese.
- Order sandwiches with low-fat meat (turkey, lean roast beef, grilled chicken).
- Ask for extra veggies on sandwiches.

Sides:

- Instead of fries, order a side-salad with low-fat dressing or a baked potato without butter (or, butter on the side).
- Choose baked chips or pretzels over regular chips.
- Bring your own side from home (raw carrot sticks, fresh fruit) and save money!

Meals and/or main dishes:

- Avoid super-sizing; order a kids meal instead.
- Order ½ portions or split an entrée with a friend or co-worker.
- Choose baked, broiled, or grilled meats over fried meats.
- Watch out for fat-laden sauces (Alfredo, cheese, or cream). Instead, choose marinara, vinaigrette, salsa, or mustard-based sauces and/or ask for the sauce to be put on the side so you can control the calories.

Salads:

- Order low-fat or vinaigrette dressing on the side.
- Skip the cheese, croutons, or fried noodles (or, order them on the side so you can control the portions).
- Top salads with grilled chicken instead of fried chicken, pepperoni, or ham.

Section 5
ADDITIONAL RESOURCES

Additional Resources:

Cookbooks:

- Cooking Light: 5 Ingredient, 15 Minute Cookbook (Oxmoor House)
- 500, 5 Ingredient Recipes (Better Homes and Gardens)

Web-Sites:

- *http://bit.ly/1rSALR3* (Quick and healthy recipes from cookinglight.com)
- *http://bit.ly/1E0RD9X* (Healthy recipes from allrecipes.com)
- *http://bit.ly/1z7SmTc* (Timely recipe ideas from commissaries.com)

Phone Apps:

- Is my food safe? (*http://homefoodsafety.org*)
- MyMealPlannerLight (Monthly meal planning guide with grocery list).
- Fooducate (Get help on choosing healthier packaged food).
- SparkRecipes

For more information:

E-mail all questions and comments regarding this Cooking Guide for Soldiers to: *usarmy.apg.medcom-phc.mbx.hpw-web-contacts@mail.mil*. Please put “Soldiers Cooking Guide” in the subject line.

My Plate tips

- Eat a variety of colorful **FRUITS**. Choose mostly fresh or frozen.
- Fill most of your plate with **VEGETABLES**. Eat raw, steamed, roasted or grilled. Flavor with herbs and low-sodium spices.
- Eat low-fat **DAIRY** options like low-fat milk, soy milk, and yogurt. Limit cheese.
- Eat whole **GRAINS** (look for 100% whole wheat). Limit refined (white) bread, pasta and rice.
- Choose mostly **PROTEIN** like fish, lean poultry, beans. Limit red meat, bacon, cold-cuts, and other processed meats.
- Choose heart-healthy **FATS** (olive oil, canola oil). Avoid trans-fats (fried foods, many pre-packaged foods).

NOTES

U.S.ARMY

Performance Triad

APHC
ARMY PUBLIC HEALTH CENTER